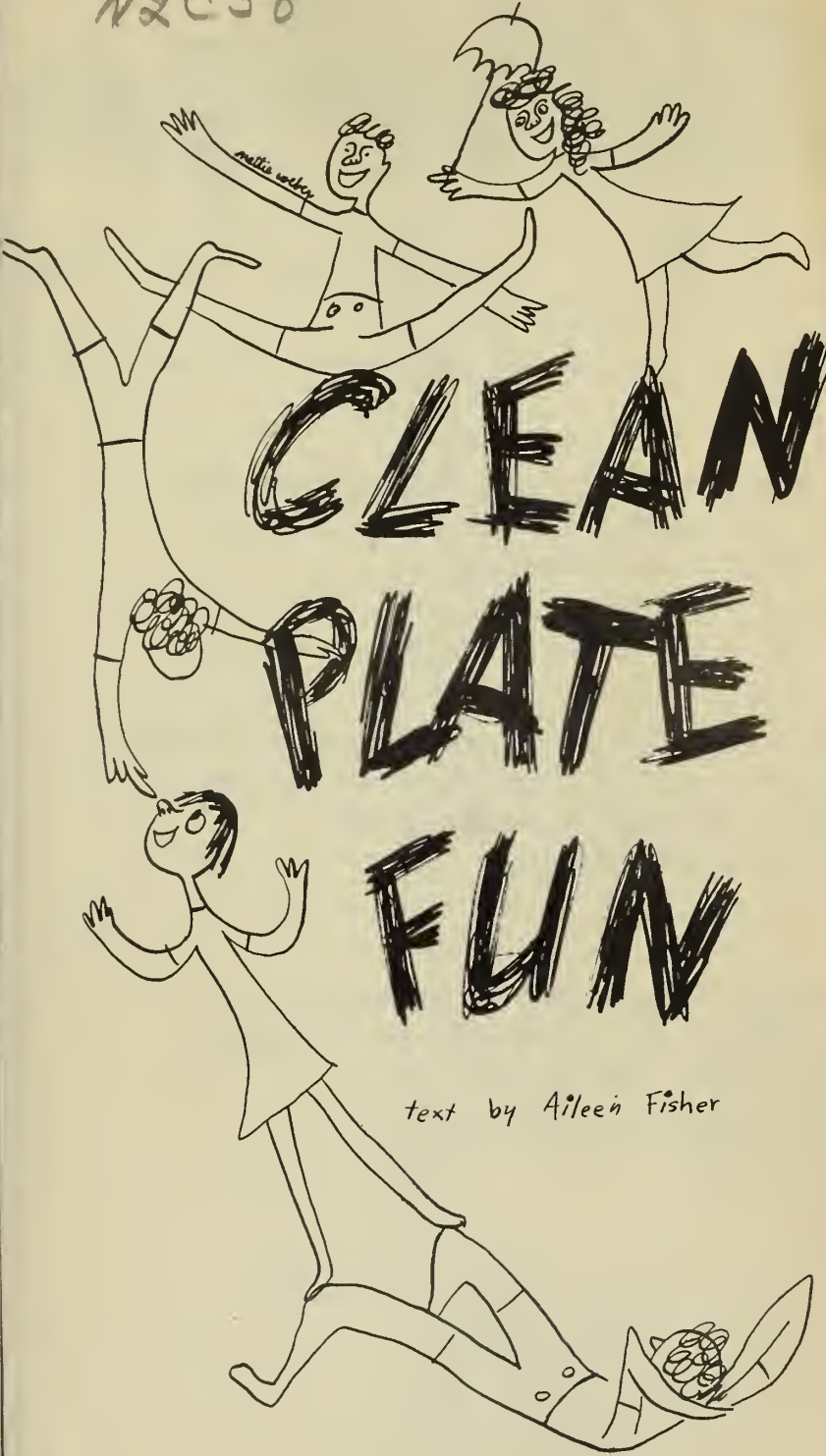


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text by Aileen Fisher

WAR FOOD ADMINISTRATION
Office of Distribution
Washington 25, D. C.

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SEP 5 1944



I. SING A CLEAN PLATE JINGLE

See if you can fill in the last line of each rhyme.

"I used to waste food," said Miss Ketchet,
 "As fast as the grocer could fetch it,
 But now I waste none,
 And it's actually fun
 T- f----- h-- f-- l c-- s----- i--."

"I've a plan," chuckled nice Mrs. Binder,
 Remembering the bread-box behind her.
 "Since we mustn't waste bread,
 I'll dry it, instead,
 A-- g---- i- t- c----- i- t-- g-----."

Once Ollie made awful commotions
 At meals, and she wasted just oceans,
 But the War came along,
 And she saw she was wrong,
 S- s-- g--- u- h-- f----- n-----.

Jane used to leave milk in the sun
 And throw out dry bread or a bun,
 But now she makes haste
 To prevent any waste . . .
 S- t-- W-- w--- g-- o---, a-- w--.

"Time was," said a lady from Dover,
 "We wasted our food, and moreover,
 We seemed not to care . . .
 But in War, I declare
 W- d---- h--- a s----- l--- o---!"

2. CLEAN PLATE CROSS WORD PUZZLE!

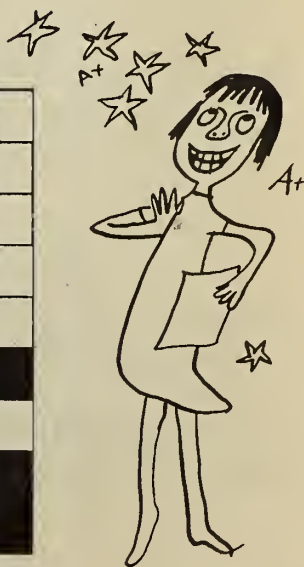
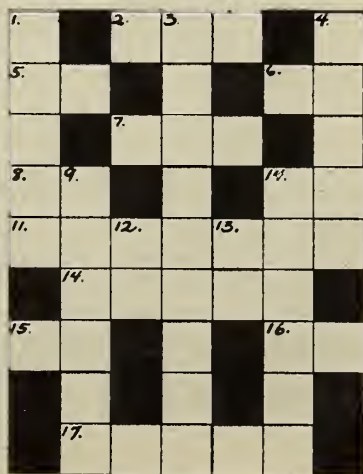
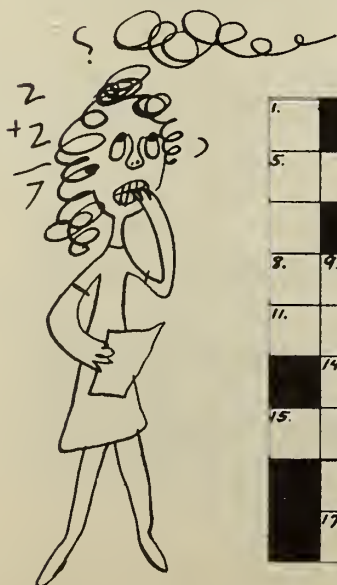
ACROSS

2. ____ (contraction) already joined the Clean-Plate Club.
5. Nobody's going to catch ____ wasting anything.
6. Mary calls her mother Mom and Joe calls his ____.
7. I joined the Clean-Plate Club ages ____.
8. With fruit costing so much per ____ (abbrev.), we shouldn't waste a bit.
10. Is there a food conservation program ____ your school?
11. The outer leaves of a head of ____ are greenest and have the most vitamins.
12. Mother always cooks ____ beef slowly so it won't shrink.
15. Phil's father takes the ____ to work now in order to save gas.
16. Mrs. Brown says tops ____ beets are good to eat.
17. Nearly every country in Europe ____ more food.

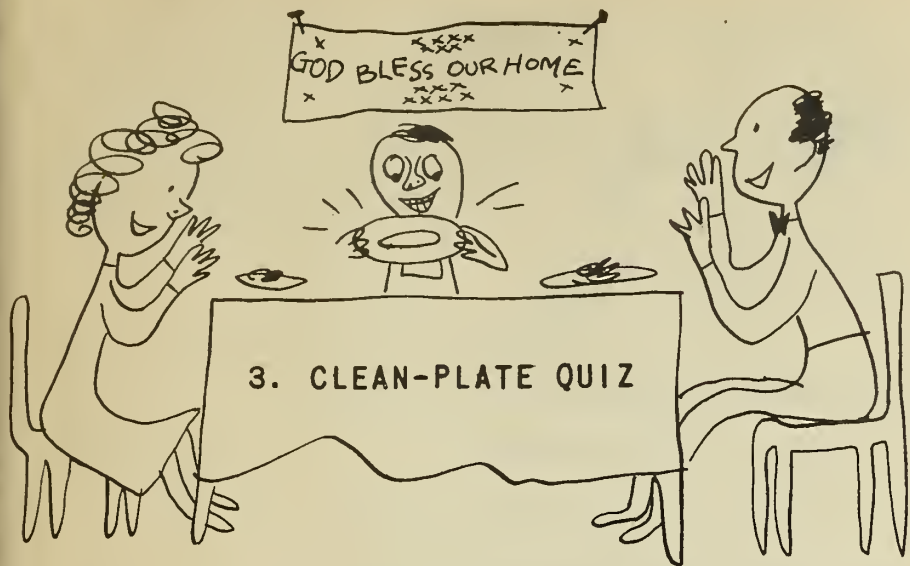
DOWN

1. It's less wasteful to take two ____ helpings than one that's too big.
3. I never ate ____ soup before the War, but I eat everything now.
4. Did you know that people ____ almost 25 million bushels of potatoes a year because they throw away the peelings?
9. Saving food is something like bombing ____, the capital of Germany: It helps win the war.
10. Jack is going to be one of the ____ in a play about Clean-Plate Clubs.
12. Jane promised ____ eat everything on her plate.
13. Saving food gives ____ all a chance to help.

Answers on back panel.







In the following story, can you find 25 different three-letter words that are spelled with letters in

DO NOT WASTE

Once upon a time Don did not like to eat new foods. "Naw," he would say when a plate was set before him. "I never ate that, and I won't eat it now." It was very sad!

But one Sat. Don surprised his parents by leaving only two wee fishbones on his plate.

"Son," said his Dad with a nod. "You are to be congratulated."

"Not at all," said Don. "My notions were all wet, but they're coming to an end now. I want to help the War get won. So I've joined the Clean-Plate Club. I think you should, too!"

His Mom looked at her plate and saw ten peas she had not eaten. His Dad saw he had left spinach on his own plate, and tea in his cup. "I guess we'd better join," Don's parents laughed.

So they cleaned their plates, and everyone lived happily for ever after.



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4. VITAMIN QUIZ

- | | YES | NO |
|---------------------------------------|-------|-------|
| 1. Should we scrape off carrot skins? | _____ | _____ |
| 2. Has raw cabbage vitamins? | _____ | _____ |
| 3. Should we eat the tops of beets? | _____ | _____ |
| 4. Is fast-cooking good for meats? | _____ | _____ |
| 5. Should we peel potatoes thick? | _____ | _____ |
| 6. Is a bone "the thing" to pick? | _____ | _____ |
| 7. Can we keep fresh fish a week? | _____ | _____ |
| 8. Should we pinch a peach's cheek? | _____ | _____ |

Answers on back panel.



THE TURNTABLE TWINS

Mary and Jerry, the Turntable twins, were taught not to waste, and so once (full of grins,) they questioned their family at dinner:
"When peeling potatoes, how much do you waste?"
"Well," Mother said, "That all depends on your taste - If you make peeling thicker or thinner . . .

"But surely not much. Why, hardly a bit!"
"A paring?" asked Father. "There's a little to it."
And Gramps made a guess even littler.
So the twins chorused: "Listen, you peel off a lot - A sixth to a tenth of potatoes, that's what. Which is pleasing . . . to Tojo and Hitler."

And they said, "You waste minerals and vitamins, too. You told us to save . . . and now we're telling you Your saving could surely be bigger!"
 Mother said, "Righto." And Gramps: "We've been duds."
 And Father said, "Let's skin the Axis - not spuds!"
 And the twins both applauded with vigor.



ANSWERS!!!

1. Ans. To figure how far I can stretch it. - And grind it to crumbs in the grinder. - So she gave up her finicky notions. - So the War will get over, and won. - We don't have a smidgen left over.

2.



S	I	V	E	W
M	E	E	M	O
A	O	G	O	O
L	B	E	A	T
T	E	L	E	U
B	O	A	B	T
E	L	B	O	F
I	L	O		
N	L	E	D	S



3. Ans. The 25 different words are: Don, not, eat, new, naw, was, set, ate, and, now, sad, one, Sat., two, son, nod, wet, end, won, too, saw, ten, own, tea, we'd.

4. Ans. 1. No. Carrot skins are good to eat when carrots are fresh. 2. Yes. Raw cabbage contains valuable vitamins. 3. Yes. They are edible and valuable as food. 4. No. Meats, and other protein foods, should be cooked slowly to prevent shrinkage. 5. No. Peeling potatoes is very wasteful. Scrub them instead. 6. Yes. It is perfectly proper to gnaw bones in wartime. 7. No. Fish should be cooked within 24 hours, after purchase, unless frozen. 8. No. We often bruise fruit by pinching it.

